

Smart Choices

Nutrition News for Seniors

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Wake Up to Breakfast!

You have probably heard the saying “Breakfast is the most important meal of the day.” There is a lot of truth to that thought! There are many benefits of eating breakfast no matter your age. Eating breakfast may help kids do better in school since it improves their memory, test grades, school attendance, and mood. However, breakfast is not only important for kids. Adults of all ages benefit from breakfast too. Kids and adults who eat breakfast tend to get more fiber, calcium, vitamins A and C, riboflavin, zinc, and iron in their diets compared to breakfast skippers. Breakfast eaters tend to eat fewer calories and less fat and cholesterol than those who don’t eat breakfast. Eating breakfast may help you concentrate better at home, at work, or wherever you are. It is hard to stay focused when you are hungry.

Some people don’t eat breakfast because they are trying to lose weight, but skipping breakfast as a weight control strategy can backfire. Research shows that adults who skip breakfast tend to weigh more than those who eat breakfast. Keeping extra weight off is a challenge, but it seems that eating breakfast can help you maintain a healthy weight.

Breakfast eaters also tend to eat better and be more physically active. Those who skip breakfast are more likely to eat low-nutrition foods and fewer fruits and vegetables. If you skip breakfast you may not make up



for the nutrients you missed by not eating breakfast. Breakfast foods help contribute to getting the servings your body needs from the MyPyramid food group recommendations. For example:

- Grains Group—whole-grain cereals and breads
- Vegetable Group—vegetable juice and vegetables such as onions, bell pepper, or spinach in an omelet
- Fruit Group—fruit and 100% fruit juice
- Milk Group—low-fat or fat-free milk and yogurt

- Meat & Beans Group—eggs and peanut butter

Are You Skipping the Benefits of Breakfast?

Even with all of the benefits of eating a healthy breakfast, many people skip breakfast all or some of the time. People give many reasons for skipping breakfast, but the top three reasons include:

- ♦ “I’m not hungry in the morning.”
- ♦ “I don’t have time.”
- ♦ “It’s not convenient.”

Do any of these sound familiar to you? If you aren’t hungry first thing in the morning, try having breakfast after you have been up for an hour or so. If you are in a rush, keep a stash of healthy grab and go breakfast foods on hand. Aim to include foods from at least three of the five MyPyramid food groups for a healthy breakfast: Grains, Vegetables, Fruits, Milk, and Meat & Beans.

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A good breakfast is quick, delicious, and nutritious!

Banana Split Oatmeal

Ingredients:

- 1/3 cup dry oatmeal, quick-cooking
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup frozen yogurt, non-fat



Directions:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

TIP: The banana split oatmeal can also be a snack by itself.

Source: Recipe Collection, p.14

Adapted From: University of Nebraska-Lincoln Cooperative Extension

Nutrition Facts	
Serving Size 1 full recipe (264g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Quick & Easy Breakfast Ideas

- Cereal, strawberries, and milk
- Cereal bar, orange, and milk
- Yogurt parfait with layers of yogurt, blueberries, and whole grain cereal
- Bran muffin, pear, and drinkable yogurt
- Peanut butter and jelly on whole wheat bread, apple, and fat-free milk
- Waffle, banana, and milk
- Hard-boiled egg, whole wheat toast, and 100% fruit juice
- Cold cheese pizza and 100% fruit or vegetable juice

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper.



This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.